



April 2, 2012

To: Austin Public Safety Commission - Dr. Michael Lauderdale, Kim Rossmo, Kent Anshutz, Sam Holt, Ramey Ko, Michael Levy and Moses Saldana, Sr.

From: Adrian Moore, Executive Director, Council on At-Risk Youth (CARY)

Subject: CARY Delinquency Prevention & Youth Violence Prevention Services

In previous meetings I have discussed with you:

- School age (10-20) youth crime arrests represent 30% of all Austin/Travis Co. arrests; 20,400 school age youth arrests in 2010.
- Research validates a strong relationship between a youths school disciplinary activity and subsequent delinquent and criminal activity and arrests.
- Research by government and universities demonstrates "evidence based" delinquency prevention, youth violence prevention and crime prevention programs.

Today, I would like to discuss with you the workings and operations of CARY.

- 501 (C) (3) non-profit corporation, registered with IRS and Sec. of State in Tx.
- Mission of "helping youth promote safe schools and safe communities"
- Now in its 12th year of operation.
- CARY works in collaboration with the Austin Independent School District.
- Now receiving 7th year funding (\$176,400) from the City of Austin
- Serves 600 high risk youth each year who are in the "gateway" to the juvenile and criminal justice system.

However, City funding will cease at the close of this fiscal year on 9/30/2012.

Some of the attributes of CARY's program include the following:

1. Target Youth Population: The CARY program focuses exclusively on youth who have severe disciplinary issues, who have documented behaviors related to aggression, abuse, bullying and verbal threats to others placed in AISD school disciplinary system.

- Research validates that middle school students with serious school disciplinary reports are highly likely to continue this behavior and graduate not from high school, but rather graduate to the juvenile and criminal justice system.ⁱ School disciplinary youth are in the "pipeline to prison".

- The Council of State Governments “Breaking Schools’ Rules” found that Involvement in the school disciplinary system was a very strong predictor for: 1) repeating a grade; 2) dropping out of school; and 3) arrest and referral to the juvenile justice system.
- Criminologists James Allen Fox and Delbert Elliot stated in “Bullying Prevention is Crime Prevention” that “60% of middle school youth who are bullies can be expected to have at least one criminal court adjudication by age 24; 40% of that same group can be expected to have three criminal court convictions by age 24”.ⁱⁱ
- Students served by CARY are middle school youth with an average age 13; 95% are poor; 95% are minorities and 80% are males. 75% come from single parent families; 50% come from families with criminal history.
- Students meeting the aggressive, abusive and/or assaultive criteria (with documentation) are made to CARY staff by AISD principals, assistant principals and/or counselors. CARY serves 600 annually, of about 6,000.
- CARY students are represented among the 25,000 school disciplinary count ⁱⁱⁱ, and the 20,000 school age youth arrested^{iv}; discussed with you in past months. CARY youth are in the “pipeline to prison”.

2. School Based Operations: During CARY’s twelve year tenure in conducting community based delinquency and youth violence prevention and intervention programs, all operations have been on the public school campus with close collaboration and a working agreement with the Austin Independent School District.

- CARY PeaceRox delinquency prevention and youth violence prevention and intervention programs are located at 7 middle school sites at Austin ISD at the Alternative Learning Center, Bedichek, Burnett, Dobie, Garcia, Pearce and Webb Middle Schools; and
- The behavioral coaching mentors program is located at 3 high schools at Reagan, Lanier and LBJ. Collectively, CARY is in 10 Austin ISD school campuses.
- The Texas Legislative Budget Board recently recommended that delinquency prevention programs be located in the public school setting.^v

3. CARY’s Delinquency and Youth Violence Prevention Program (PeaceRox):

CARY’s program is “evidence based”, being certified by the Office of Juvenile Justice and Delinquency Prevention^{vi}, the Center for Study and Prevention of Youth Violence^{vii} and the Department of Education Center for Safe and Drug Free Schools.

- The PeaceRox - Aggression Replacement Training (ART) Program is delivered in small groups by CARY Youth Advisor staff during the first semester. ART is a

social cognitive skills training program that emphasizes positive social skills, anger management, empathy training and character education.

The curriculum is designed to alter the behavior of aggressive youth, reduce anti-social behaviors, and offer an alternative for pro-social behavior. There are three study elements in the first semester of the PeaceRox program.

- The Skill Streaming Training is the teaching of a series of interpersonal skills that address various social situations and is an alternative to aggressive behavior. Each youth roll-plays the skill in group and, with practice and feedback, will progress to using the skill outside the group room.
- The Anger Control Training focuses on teaching youth self-control in dealing with their anger. Techniques for reducing and managing feelings of anger in difficult situations are introduced and roll-played. Learning anger control skills enables youth to have a variety of options in dealing with a problem rather than the single option of aggression.
- The Empathetic Reasoning component uses Kohlberg's moral reasoning training as a base. Problem situations are presented to the group each week with responses to the different scenarios. This component helps youth correct thinking errors and leads him or her to see that there are other ways of acting in different situations. The purpose of the discussion is to facilitate mature reasoning in order for the youth to make more mature decisions in social situations.
- Individual behavioral counseling and goal setting occurs during the second semester for the participants who have completed Aggression Replacement Training. Groups may startup during the fall and spring school semesters. The CARY Youth Advisor works with students in monitoring their own behavior, setting school and career goals and continuing with improvements in attitude, behavior, social skills, problem solving, anger management and empathy for others. Youth advisors collaborate with school counselors, assistant principals and teachers in working closely with the students.

4. CARY (Youth Advisor) Staff: Emphasis on hiring MA level staff personnel who have social work, psychology or special education focus who also have 3-5 years experience in mental health, special education, youth service and/or correction job settings. Staff are the core of the CARY program.

- AISD provides office and classroom space at each campus setting.
- Staff conduct the program for approximately 100 youth each.
- Several are assigned to two schools each serving 50 students at each site.
- Staff collaborate with AISD counselors, Communities in Schools, Boys Club/Girls Club and others on campus.
- Staff also conduct home visits and offer parent support groups.

5. CARY Prevention Costs: CARY cost is \$750 for each youth for one full school year of service. Compare this investment to juvenile and criminal justice system costs of:

- \$15,000 for one year at Gardner Betts/Jean Meurer facility and probation.
- \$125,000 for one year at Texas Youth Commission.
- \$15,000 at the Travis County Jail, or
- \$18,500 for one year at Texas State Prison;
- \$92,500 for 5 year term for aggravated robbery

6. Program Evaluation Results: Ten years of internal and external evaluations of the CARY program by four PhD researchers show:

- CARY serves the school's most difficult youngsters who have 4 times as many aggressive, abusive and intimidating school incidents compared to other students in the school disciplinary system. CARY students have more emotional disabilities, limited English proficiencies, and lower academic performance than others.
- Analysis of results for students completing CARY's delinquency prevention and youth violence prevention programs show:
 - Statistically significant reductions in all school incident reports;
 - Statistically significant reductions in serious school incident reports;
 - Statistically significant reductions in disciplinary actions;
 - Statistically significant improvements in school attendance rates,
- Surveys with school administrators, counselors and parents show students with significant improvements in attitudes, behaviors, and school attendance rates, grades with decreases in anti-social behaviors. Students demonstrate the desired behaviors and become contributing members of our community.

7. Conclusion:

- An excellent juvenile and criminal justice system infrastructure is in place.
- A delinquency, youth violence and crime prevention Infrastructure is needed:
 - To reduce victimizations in index crimes against persons and property;
 - To reduce costs for continued use of arrests, jail/detention admissions; prosecutions, public defense, court convictions, probation and prison sentences and parole.

To promote healthy adolescent growth and development

- Please support CARY's budget request of \$252,000 for another year of service to the Austin community.

8. Endnotes:

ⁱ Justice Center of the Council of State Governments and Public Policy Research Institute of the Texas A&M University, July 2011. "Breaking Schools' Rules: A Statewide Study of How School Discipline Relates to Students' Success and Juvenile Justice Involvement"

ⁱⁱ Fox. JA & Elliot DS. 2003. Bullying Prevention is Crime Prevention. In Website www.pluk.org/PubbsBullying2.pdf. From URL

ⁱⁱⁱ AISD "Student Discipline Aggregate Report" for school year 2009-2010 shows 25,490 behavioral incidents with 8,455 abusive and assaultive contacts by students.

^{iv} CARY "Arrests for School Age (10-20) Youth", based on Texas DPS UCR data for 2010 showing an average of 18,000 school age youth arrested this last decade and a total of 20,400 school age youth arrested in Travis County in 2010; 30% of all arrests in Travis County attributed to school age youth arrests.

^v Legislative Budget Board Staff, January 2011. "Texas At-Risk Youth Services Project: Submitted to the 82nd Legislature. From URL

^{vi} Office of Juvenile Justice and Delinquency Prevention. Blueprints for Violence Prevention. Website. www.ncjrs.gov/pdffiles1/ojjdp/204274. December 15, 2010. From URL

^{vii} Center for the Study and Prevention of Violence. Blueprints. Website. www.colorado.edu/cspv/ from URL.



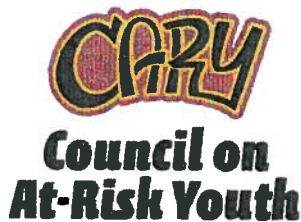
ARRESTS FOR SCHOOL AGE (10-20) YOUTH FOR INDEX AND NON-INDEX CRIMES IN TRAVIS COUNTY – 2001 THROUGH 2010

CLASSIFICATION OF OFFENSE	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010	Totals	Average
Index Crimes Against Persons	279	288	162	382	409	406	394	374	383	319	3,396	340
Murder/Manslaughter	7	7	4	11	11	10	12	3	4	8	77	8
Forcible Rape	11	15	5	3	3	4	2	3	2	3	51	5
Aggravated Robbery	93	130	46	169	122	169	146	141	170	126	1,312	131
Aggravated Assault	168	136	107	199	273	223	234	227	207	182	1,956	196
Index Property Crimes	2,209	2,195	1,190	2,687	2,292	2,204	2,309	2,580	2,755	2,595	23,016	2,302
Burglary	192	239	162	279	305	285	339	398	361	406	2,966	297
Larceny Theft	1,957	1,890	1,001	2,366	1,958	1,910	1,942	2,152	2,370	2,175	19,721	1,972
Motor Vehicle Theft	60	66	27	42	29	9	28	30	24	14	329	33
Non Index Crimes	15,150	14,399	9,540	18,461	16,674	17,815	16,390	18,153	17,982	17,486	162,050	16,205
Other Assaults	1,142	1,475	1,201	2,055	1,721	2,062	2,207	2,686	2,772	2,167	19,488	1,949
Drug Sales	59	95	151	156	111	70	51	72	59	49	873	87
Drug Possession	1,373	1,353	1,206	1,665	1,085	1,115	1,052	1,240	1,821	2,702	14,612	1,461
Weapons	196	134	175	178	162	188	194	188	158	145	1,718	172
All Other Non-Index Crimes	12,380	11,342	6,807	14,407	13,595	14,380	12,886	13,967	13,172	12,423	125,359	12,536
Totals	17,638	16,882	10,892	21,530	19,375	20,425	19,093	21,107	21,120	20,400	188,462	18,846

Comments: The volume of school age youth being charged with index crimes against persons is staggering when tallying 10 year totals for Travis County. In Travis County alone, there were 319 index crimes against persons and 2,595 index property crimes. The highest numbers for arrests between 2001 and 2010 were 19,721 larceny theft arrests, 19,488 arrests for other assaults, and 14,612 arrests for possessions of drugs. Finally, a significant finding in this analysis is that 30% of all arrests were of school-age youths age 10-20.

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Source: Genedine Aquino, Statistician - Texas Department of Public Safety, Uniform Crime Reporting
Phone: 512.424.7883 E-mail: genedine.aquino@txdps.state.tx.us



Aggression Replacement Training (ART) Program Contents

1. **Anger Management:** Introduction to the anger pyramid to show effects of anger in their lives.
2. **Empathy:** Listening lesson, "A Boy with a Problem" which teaches introductory listening skills.
3. **Social Skills:** Introduction to Social Skills and the role-play rules and set-up.
4. **Character Ed:** Kohlberg Stages of Moral Development.
5. **Empathy:** Defining empathy.
6. **Anger Management:** ABC's of Conflict
7. **Social Skills:** Following Directions. Role-playing examples.
8. **Character Ed:** Introduction to 15 character traits.
9. **Empathy:** Someone I admire activity to help solidify definition of empathy.
10. **Anger Management:** Anger management cycle to show healthy anger management.
11. **Social Skills:** Teaching the appropriate handshake and how to introduce yourself.
12. **Character Ed:** Goal setting and Self Esteem-Jake's Story.
13. **Empathy:** Story lesson about empathizing with a thief.
14. **Anger Management:** Recognizing anger triggers.
15. **Social Skills:** Negotiating skill with role-play.
16. **Character Ed:** Moral reasoning lesson-Derrick's problem-responsibility.
17. **Empathy:** Teaching Trust Account to help students enrich their relationships.
18. **Anger Management:** Recognizing anger cues.
19. **Social Skills:** Self-control. Role-playing examples.
20. **Character Ed:** Perseverance lesson based on life of Hispanic astronaut Ellen Ochoa.
21. **Social Skills:** Standing up for your rights. Role-playing examples.
22. **Social Skills:** Responding to teasing. Role-playing examples.
23. **Social Skills:** Making a complaint. Role-playing examples.
24. **Social Skills:** Dealing with an accusation. Role-playing examples.
25. **Social Skills:** Dealing with group pressure. Role-playing examples.
26. **Social Skills:** Keeping out of fights. Role-playing examples.
27. **Social Skills:** Avoiding trouble with others. Role-playing examples.
28. **Social Skills:** Dealing with someone else's anger. Role-playing examples.

Austin American-Statesman

October 19, 2011

OTHERS SAY • JOAN HILGERS, ROBERT J. KING AND JAMES Y. BRYCE

Working to shut off the pipeline to prison

There is an early warning system for adult criminal behavior, and it can be found in our public schools. The Texas Appleseed report, "Texas School-to-Prison Pipeline: Dropout to Incarceration," by Rebecca Lightsey describes involvement in the criminal justice system as a continuum that leads from school-based youthful misbehavior to involvement in the juvenile justice system and ultimately the adult penal system.

A more recent report, "Breaking Schools' Rules: A Statewide Study of How School Discipline Relates to Students' Success and Juvenile Justice Involvement," drives home the same point. A combined effort of the Council of State Governments and Texas A&M University tracked nearly a million seventh-grade students in Texas for six years, and revealed that nearly 60 percent of them were suspended or expelled at least once between grades seven and 12. More significantly, the study found that students involved in repeat disciplinary actions also had a high probability for involvement in the juvenile justice system.

To put it into hard numbers, data submitted to the Texas Department of Public Safety by the Austin Police Department and the Travis County sheriff's office show that in 2010, there were 20,400 school age youths arrested — some 30 percent of all local arrests that year. The crimes perpetrated by these young people were not just minor offenses; they included aggravated assault, aggravated robbery and even murder.

The pipeline from the school disciplinary system to prison has been clearly identified by many researchers. The question is: How do we shut it off, and when and where can we do it?

One answer has been promoted and acted upon by a local organization, the Council on At-risk Youth (CARY). Founded in 1999 as a nonprofit organization with the mission of "helping youth promote safe schools and safe communities," CARY works in close collaboration with the Austin Independent School District. Each school year, CARY conducts prevention programs with 600 of the most aggressive and abusive middle school youths involved in school disciplinary system.

CARY youth advisers are located at seven Austin school district campuses, where they engage aggressive disciplinary students referred by school authorities in a curriculum called "Aggression Replacement Training." CARY advisers teach social skills, anger management, aggression control and empathy training. In addition to these small-group skills training activities, CARY staff members also provide individual counseling and offer parent training

More information

Find out more about CARY programs at the AT&T Executive Education and Conference Center at the University of Texas on Oct. 26 for the Fifth Annual Autumn Benefit for a presentation entitled "Youth Violence: Combating the Deadly Consequences" by Dr. Deborah Prothrow-Stith.

For further information call CARY at 451-4592 or go to www.councilonatriskyouth.org.

support groups.

The results of the CARY program have been evaluated by outside experts on a consistent basis. The evaluations find that CARY targets the very highest risk youths, and the programs are effective in decreasing aggression levels, achieving behavioral and attitudinal improvements, and promoting safer and more peaceful campus environments. These positive assessments have been seconded by school principals, counselors and parents.

There are also tangible dollar savings in these programs. CARY's cost of \$750 annually for each high-risk youth in Austin pales in comparison to the cost of a one-year sentence in Travis County Jail (\$15,000); a year in a state prison (\$18,500); or a year at a Texas Youth Commission facility (more than \$100,000). In fact, when a high school dropout embarks on a 10-year criminal career, the costs related to criminal justice services, lost payroll tax revenue, lost child support payments and losses to victims cumulatively represent a cost to the American public of between \$1.7 million and \$2.3 million for each youthful offender.

The proven, cost-avoiding and, in some cases, life-saving programs CARY conducts merit support from local and state government. During the past six years, half the nonprofit's budget has come from contracts with Travis County and the City of Austin. Travis County continues its support, but CARY prevention programs very nearly fell victim to the budget ax of the City Health and Human Services Commission.

If you support effective and cost-efficient prevention and intervention programs for at-risk youths, help us cut off the pipeline to prison. Call on city, county and state elected officials to support the cost of an ounce of prevention by dedicating the equivalent of at least 1 percent of our juvenile and criminal justice system budgets to initiatives like CARY's.

Hilgers is board chair; King is immediate past chair; and Bryce is chair emeritus of the Council on At-risk Youth.

CARY's 6th Annual Distinguished
Speaker Benefit

“Bullying Prevention” IS Crime Prevention”

*Reception with silent auction,
dinner & book signing*

Keynote Speaker

James A. Fox, Ph.D.

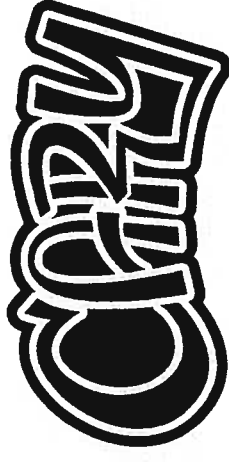
nationally renowned criminologist, professor & author

Introduction by Art Acevedo, Austin Police Chief
Event Chair Leigh de la Reza • Auction Chair Tamara Ford

Tuesday, May 15 • 5:30 - 8:30 p.m.

AT&T Executive Education & Conference Center
The University of Texas at Austin, 1900 University Ave.
\$125 individual tickets

Sponsorships available: 451-4592 • councilonatrisk youth.org



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